

## North Gosford Learning Centre

Term 3

September 2020

### Principal's News

Welcome to the Term 3, 2020 Newsletter.

A big thank you to students, parents and staff who have had to adapt to the changes necessary during a major pandemic. Whilst this period has been challenging it has also demonstrated everyone's resilience or ability to bounce back and cope with new or creative ways of teaching and learning.

Our staff have done their very best to ensure students access the best learning opportunities available at this time. With parent support we achieved this goal with many examples of innovative and engaging programs available at NGLC. A big thanks to our students for co-operating with new guidelines around social distancing and hygiene.

We have had to postpone this year's school camp programs to Smiggin Holes and Gibberong but are very hopeful these will open up again in 2021. We are looking forward to Term 4 when many of our summer programs can begin.

Our school continues to grow and we have a number of additions and changes to class programs and physical resources planned for 2021. The inclusion of artificial turf to various parts of existing playgrounds has been a major improvement with more students accessing sporting and leisure activities. Two new additions include the leasing of another school mini bus and a primary specialised equipment playground which we hope to be operational by early 2021.

I encourage everyone to stay safe and be vigilant around NSW Health advice. Please don't hesitate to contact the school with any concerns or need for support. As always, we will do our very best to respond to the best of our capability.

Daniel Hayes  
Principal

### Dates to remember:

Last Day of Term 3 is Friday 25<sup>th</sup> September 2020.

1<sup>st</sup> day back for all students Term 4 is Monday 12<sup>th</sup> October 2020.

Last Day of Term 4 for students is Wednesday 16<sup>th</sup> December 2020.

### School Development Day SDD Information

NGLC will not be operational on:

Term 4 SDD's: **Thursday 17<sup>th</sup> & Friday 18<sup>th</sup> December, 2020.**



## Barista Program

For the past 18 months North Gosford Learning Centre has been developing a work ready Barista Program. The purpose of the program is to assist the students in cultivating a skill set that can be applied in a hospitality setting or translated to a general workplace in the future. Customer service and communication are a strong focus, in addition to developing the confidence to independently follow a procedure and problem solve as needed. This program has presented the opportunity for some of our older students to mentor newcomers to the program and strengthen their relationships within the school. Also of note, the participants have been able to showcase their talents to visitors of the school. The students deserve to be extremely proud of their efforts and commitment to learning new skills.



## STEM VR Kit

Students have been busy exploring the world of Virtual Reality this term. Through the STEM T4L Project, NGLC has been lucky enough to borrow the VR kits which have allowed students to engage in learning activities via the virtual platform.



## Community Access

This term students have been able to participate in the Community Access program. Students have had the opportunity to participate in a range of different activities including; bike riding, cross country, indoor sports centre, bushwalking, and frisbee golf. Students have demonstrated a range of skills. A highlight of the program has been students showing off their skills at the Terrigal BMX track. Students overcame their fears and showed persistence in mastering the track. Students are looking forward to the warmer weather and the Surf Survival program to begin next term.



## Music

We have had a busy semester in regards to Music! Students have been engaging in a number of the musical opportunities available. These have included learning traditional instruments like piano and guitar, producing original songs using our electronic music software, as well as collaborating in our Jam group sessions to perform a number of different songs during lunch on Thursdays. Any students that would like to participate or find out more can speak to Mr Peek or Sarah.



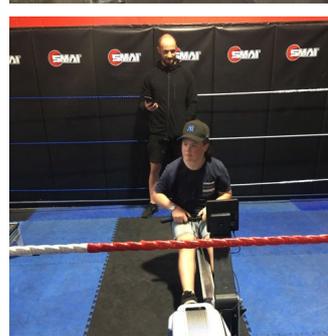
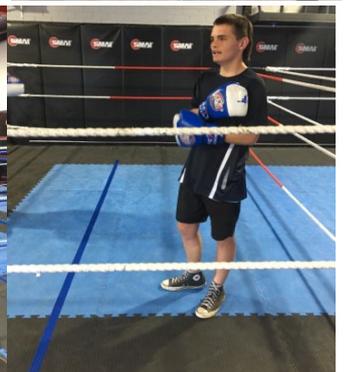
### Class 1, 2 & 3 School Sport

School Sport has allowed students to learn new skills as well as deepen student's knowledge. Students have practiced sports they know as well as learnt new sports such as European Handball and Ultimate Frisbee. Term 3 has also seen the school sports t-shirt being handed out to many of the students from classes 1, 2, and 3 as part of getting our students active program. The sports shirt has been a huge hit amongst students, and it will be perfect for the warmer days next term.



### PCYC

NGLC's partnership with Umina PCYC has continued into Semester 2 with students continuing to work on their health and fitness with our trainer Chris. Students in Stage 5 have been developing their boxing technique and improving their overall fitness, striving for personal best results. The PCYC fitness program will continue into term 4 and we look forward to seeing all Stage 5 involved in improving their health and fitness.



**Class 1 – Science**

Class 1 has been completing a science program on adaptations. The program has allowed students to develop their knowledge of why plants and animals have different adaptations to survive. Class 1 enjoyed the different experiments and STEM projects as part of the program. “Guess the beak” project was enjoyed by all students. This required students to investigate which beak was best at collecting food items (fruit loops, jelly beans, gummy worms and raisins). Students then had the opportunity to create their beaks using the results from the experiment.



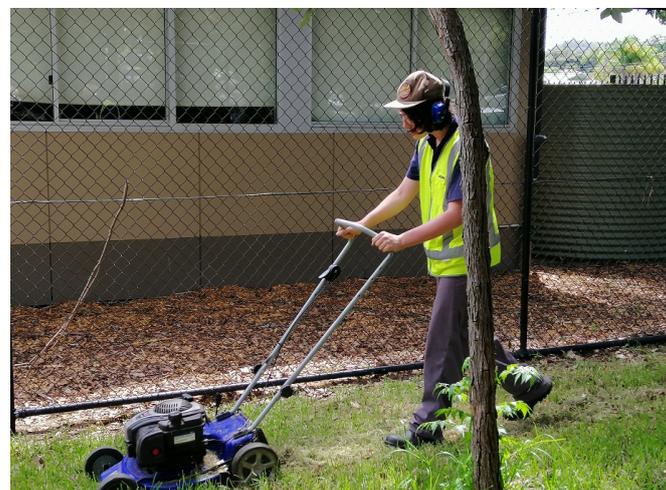
**VIVOs**

NGLC’s reward program continues to be successful with students thoroughly enjoying the opportunity to personalise their rewards. NGLC staff are focussing on positive engagement and respectful interactions with one another to wrap up the Term and have included a positive language reward for week 10 Term 3. Students are encouraged to talk to their class teachers if they have any questions! Students are also reminded to get any requests in to Mr Nicol before Tuesday Week 10 to ensure the best chance of the item arriving in time! Remember if you have any questions come and see Mr Nicol!



**Volunteering Central Coast**

Semester 2 is well and truly underway and the Stage 5 cohort continue to volunteer in the community as a part of their Work Education Program. Students have shown exceptional patience and resilience to work through the interruptions through Semester 1 and have resumed their work experience supported by Joanne Murray at Volunteering Central Coast. With a new term about to begin more students are booked in to complete their interview with Joanne and undertake work experience in their local community, keep it up Stage 5!



## The Wholesome Food Collective

During Term 3 Mary and Kerryn from the Wholesome Food Collective ran a cooking and nutrition program at North Gosford Learning Centre. The program involved 4 students cooking with a parent here at the school. The program was highly successful and we hope to continue our association with Mary and Kerryn in the new year.



## Food Technology

Students in classes 1, 2, 4 and 5 have been working hard in the NGLC Food Technology room this term! Skills such as food safety and hygiene, equipment identification and usage, teamwork and measuring skills have been the focus of the cooking program. The majority of students at the school have a very sound set of skills in the kitchen and have enjoyed trying new adventurous flavours. Students have pushed themselves to change some of their takeaway favourites into healthier homemade versions. Making spice mixes, breadcrumbs, accompaniments and sweet treats from scratch has required good time management and organisational skills. Many healthy versions have been created such as butter chicken, chocolate custard, gluten free biscuits, healthy burgers and meatball subs, spicy wedges, chicken Caesar salad and grilled steak and oven fries. It has been impressive to say the least to see the teamwork, persistence and skills that the students have shown this term and has been a pleasure watching them show confidence in their skills each lesson.



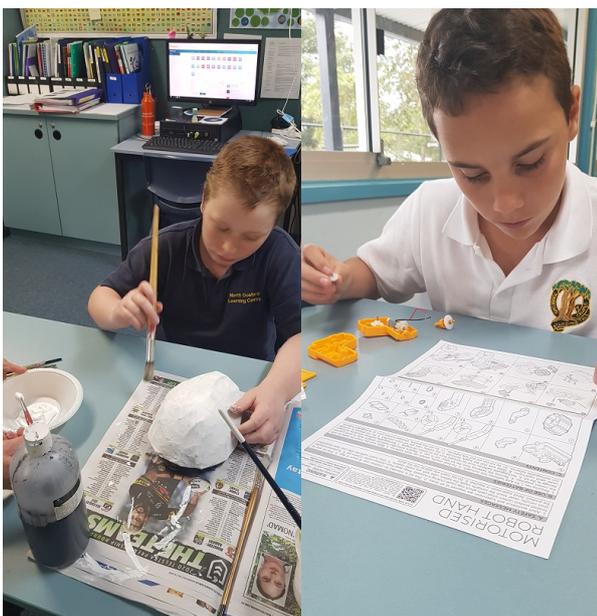
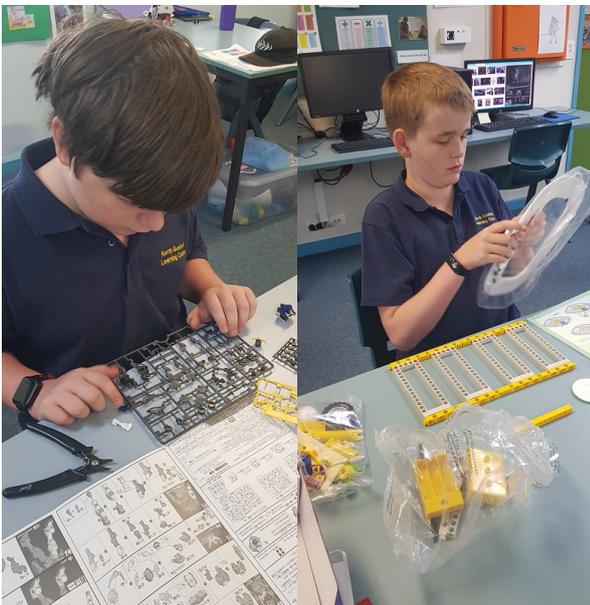
## Top Blokes

Stage 5 students completed a 16-week mentoring program with Daniel and Bianca from Top Blokes. Workshops focused on a variety of topics and issues including 'Understanding the influence of alcohol', 'Peer Pressure' and 'Humanising Teachers'. Throughout the program student's developed their resilience to common life pressures and increased important social skills enabling them to build and maintain positive relationships with their family and peers.



## Class 2 Genius Hour

During term 3, Class 2 have been working on a variety of STEM challenges and personal interest projects. This allows students in the class to select and plan a particular topic that they would like to learn more about and encourages ownership and commitment to completing each project. In addition to exploring class problem solving and engineering challenges, students are able to choose a personal area of interest and pursue that skill. These have included visual art, music, CODING, game programming, forensics, physics, engineering, model making, robotics and electronics activities. Students have successfully followed through with their chosen project and are keenly planning projects for term 4.



## New School Updates App



The Department of Education's first ever app – the 'School Updates' app for parents – was launched recently by the Minister for Education and is now available for download.

The free, opt-in app is another way for parents and carers to receive information about their child's school (or schools).

Users can download the app and sign up to receive an alert if the school they have pre-selected is non-operational (and another when the school is operational again).

The app is available for both iOS and Android users.

### **The app does not store any personal or identifiable information**

When the app is in use, it communicates with the department's servers storing a unique identifier for the user's device; the schools that have been pre-selected; and whether the user has opted in to receive push notifications.

### **Users are able to register for multiple schools**

The app allows the user to select any number of public schools for which to receive updates.

### **The information in the app is updated at the same time as it is published by department**

Typically we update the non-operational schools list on the school safety page in the late afternoon or evening, but depending on the circumstances, updates may happen throughout the day. Information is published as soon as it is provided to the department by schools

In the Playground



Lola



Gardening



Food Technology





# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

 **“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances”** ~ Viktor Frankl



## ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

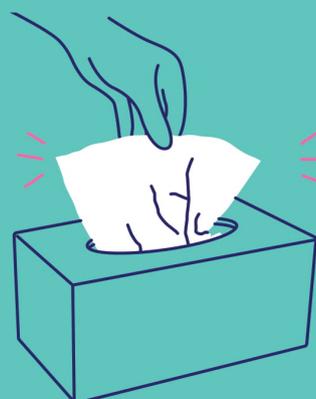
Coronavirus  
(COVID-19)

# SIMPLE STEPS TO HELP STOP THE SPREAD.

**Cough or sneeze into your arm**



**Use a tissue**



**Bin the tissue**



**Wash your hands**



HELP  
**STOP THE SPREAD**  
AND STAY HEALTHY

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit **health.gov.au**



Australian Government

Coronavirus  
(COVID-19)

# KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

## TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **health.gov.au**



Australian Government



www.health.nsw.gov.au

# Practice simple hygiene by washing hands regularly



**1** Wet hands

**2** Apply soap

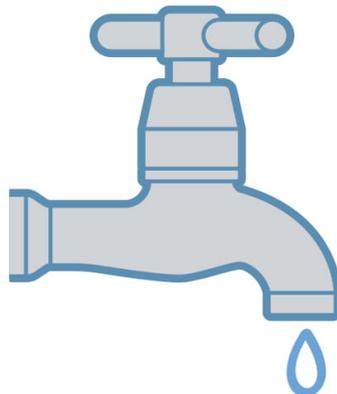
**3** Lather & scrub



**4** Rinse hands

**5** Turn off tap

**6** Dry hands



**Spend 20 seconds washing your hands.**

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